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LISTEN TO THE SILENCE

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What does it mean to listen to the Silence? It is basically a method of detaching from one's thoughts for a time to align with the Universal Consciousness and its infinite possibilities. Quieting the mind and listening to the Silence prepare us for the Gateway to unlimited thought and for awareness that we are a part of this Universal Consciousness.

When we go within to this place of Silence, we subtly become aware of the Universal Truth which we find is absolute, unchanging, and unlimited. We can perceive that which is beyond the physical, the place where thought is pure and manifestation is instantaneous. We become aware that our thoughts transform our inner selves as well as our outer world. Thoughts are the combined energy of feeling and thinking. Therefore, the power of our thought becomes manifest in our world. The more we are aligned with this knowing, its source and nature, the better we are able to transform our own life and integrate this known into every level of our being.

Beyond the time of Silence, the spoken word emerges to translate the thoughts that are within the mind. The word itself has no power, but it carries the energy of the thought that it is expressing. Therefore, to effect change in our life, we must change the thoughts that the words represent. If we communicate through our highest good at all times, the words and thoughts will be aligned to our oneness and wholeness. We have the will to think within the Silence, and we have the choice to manifest those thoughts in our time and space. Through self-observation, we can determine the value of our thought patterns and the desirability of those thoughts which become manifest. In order to be successful in this evaluation, we must accept inspirations from the Higher Self and know the truth they hold. When we let go and trust the process, then the intention within the thought can only be from our Source.

Within our desire for our continuing growth lies the potential for fulfillment of purpose. When we become aware and know that we have no limitations, we have only choices to make. We will be able to manifest the thoughts we choose in order to demonstrate the nature of the Truth of our Being. Through the process of affirmative thought, we can direct the energy to transform our thoughts into wondrous manifestations. As we journey together through this human existence, let our thoughts and our consciousness develop to their fullest so we may become more aware of expressing ourselves in a complete and loving way. Let our inherent knowledge of Self become evident through thoughts and actions. Let our expressions be those of Love which is ever-present and unconditional, which deepens our awareness of oneness and wholeness with the Universe.

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